

WORKING ON WELLNESS

Monthly wellness from the SD Department of Health
Office of Chronic Disease Prevention and Health Promotion

TAKE BACK CONTROL OF YOUR MENTAL HEALTH

The best new year's resolution for 2022 is all about your mental health. We can do things to build up a healthy routine to boost our mental health as we head into the new year. Nearly 1 in 5 Americans live with a mental health issue. Checkout the resources below!

1. Take the [Mental Health Quiz](#) and see if you can separate the myths from the facts.
2. The [Helpline Center](#) is part of the National Suicide Prevention Lifeline crisis centers and answers the 1-800-273-TALK (8255) for South Dakota.
3. Anxiety and Depression Association of America offers an online [Self-Screening](#) test.
4. Build a Routine to Boost Mental Health.
 - [Prioritize Exercise](#)
 - [Embrace a Food Routine](#)
 - [Try a Hobby](#)
 - [Make Time for You](#)

MEAL PLANNING

Health eating is important at every age. Try these apps to get you on track!

- [MyPlateApp](#)
- [Menu Planner](#)
- [Mealthy](#)
- [Heart-Check Certified](#)



New Year, New You!

Creating a healthier relationship with yourself can drastically improve your health in various ways. Each month, set your calendar to remind yourself of the health observances that you can do for yourself! Go do this now!

- January—[Cervical Health](#)
- February—[American Heart](#)
- March—[Colorectal Cancer](#)
- April—[Alcohol Awareness](#)
- May—[Physical Activity](#)
- June—[Sun Safety](#)
- July—[Park & Recreation](#)
- August—[Immunization Awareness](#)
- September—[Suicide Prevention](#)
- October—[Breast Cancer](#)
- November—[Diabetes Awareness](#)
- December—[Flu Vaccine](#)

Funding Opportunities



Explore

[Good&Healthy South Dakota](#) for all your funding opportunities! The WorkWell Grant will be released early February! For more information contact eweiss@bhssc.org.